

2011 Dietary Guidelines Take Home Messages

Spend at least 30 minutes per day getting some leisure time physical activity (with physician advice)

increase overtime to 60 minutes and limit screen time.



Use herbs and spices to flavor your food instead of salt



Leave the salt shaker off of the dinner table

Read the nutrition facts panel –“Look” at the serving size



“Look” at the sodium column if the % daily value is **20%** avoid using too often aim for **5%** or less

Use no salt added canned vegetables or frozen vegetables

Avoid foods with *trans* fatty acids “Look” at the ingredients on the Nutrition Facts Panel

Replace solid fats with olive oil and canola oil

Increase consumption of Fruits and Vegetables from a variety of colors



Try to get 4- 6 cups of fruits and vegetables daily choose from red ,green, orange and.... dark leafy vegetables(with physician) advice.

Fill half of your plate with fruits and vegetables.



Consume 8 ounces of seafood each week (if pregnant or breast feeding 8-12oz per week, and should **limit** albacore tuna to 6 oz per week and **eliminate** tile fish sword fish and king mackerel).

Consume lean meats and poultry, beans, seeds and tree nuts such as almonds , walnuts and pistachios

Dairy Products -Switch to low fat or fat free milk products and consume 3 servings per day

Whole Grains- Increase consumption of whole grains to at least three 1 oz servings per day

Start reducing calories by replace sugary beverages with water and low sugar beverages.